

What Moves You To Be Happy With Yourself?

So here I am meeting with a new client who says to me that she is a certified personal trainer who wants to work out and feel better herself before she takes on new clients. Her goal of feeling better about herself is very similar to other clients that come into the studio looking to make a positive change in their lives so that they feel better about themselves. So I decided to match her personality with one of my trainers and they trained consistently together twice a week. Often times in the same room, I was training another client and watching their workouts as well. I was noticing how much stronger the client was getting as the sessions progressed and how her mood was improving as each session was completed.

What I found most interesting was that she was very determined to see success and kept pushing towards achieving her goal. She asked me for help to get ready to take her practical fitness exam for her Fitness Instructing designation. I worked with her and helped her practise in my classes to build up her experience and confidence. I provided her with feedback on how to challenge clients and push the envelope so that clients are always improving their fitness capabilities. What I also found was that she became more motivated the more she saw changes in her own body. She understood that it takes hard work and determination to achieve her goals and she was not afraid to do it.

What ended up happening was that she did successfully achieve her goal of becoming a certified fitness instructor and she has never felt more confident and proud of herself and her achievements. I could see her confidence improving as demonstrated in her ability to customise her classes to meet her clients' needs.

What I found even more interesting was that her husband and son came into the studio and presented me with a flower plant and a fruit tray to say "thank you" for changing her into a happy mom and wife and for helping her find her passion for health and fitness that she never realized she had. That was so moving to me that it brought happy tears to my eyes and I shared what had just happened that morning to the client I was training. My client gave me a hug and said to me that this is exactly what she loves about training with me. My client said that she sees how I care about others and that when others recognise that, it is a reward in itself and now the two of us are in happy tears!

Are you waiting for the opportunity to make someone else happy or to make yourself happy and take the first step in understanding yourself and what passion it is in your life that moves you to achieve your goals?

Please give us a call if you need some help in finding what makes you happy so that you achieve your goals.

When you reach your goals, then we are rewarded too!

Submitted by Nadia Bender

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